



## Ground Turkey Wraps or Pinwheels

These fun sandwiches are great for adding more color and veggies to your menu.

**Ages:** 3–5 years

**Prep time:** 25 minutes

**Makes:** 6 servings

**Cook time:** 10 minutes

### *the* INGREDIENTS

**1 ½ oz** turkey, 93% lean, ground, fresh or frozen, thawed

**1 cup** green peas, frozen, thawed, drained

**¼ cup + 2 Tbsp** cheddar cheese, reduced-fat, shredded

**¾ cup** carrots, fresh, shredded

**¼ cup + 2 Tbsp** ranch dressing, fat-free

**6** tortillas, whole-wheat (10" across, at least 42 g or 1 ½ oz each)

### *the* DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a small skillet, brown turkey on medium-high heat, about 10 minutes. Heat to 165 °F or higher for at least 15 seconds. Set aside. Allow to cool for 5 minutes. Wash hands after touching uncooked ground turkey.
3. To heat tortillas: Place a damp paper towel between each tortilla. Place the stack of tortillas on a microwave-safe plate. Cover with a damp paper towel. Heat in the microwave for 30 seconds. Remove from the microwave.
4. In a medium bowl, combine green peas, ground turkey, cheese, carrots, and ranch dressing. Stir.
5. Place ½ cup filling in the center of the tortilla.
6. Roll tortilla. Cut into pinwheels or cut in half.
7. Serve 1 wrap (pinwheels or halves). Serve immediately, or keep warm 140 °F or higher.

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## NUTRITION INFORMATION

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1 Ground Turkey Wrap (pinwheels or halves)

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>260</b>

<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	4 g
Cholesterol	33 mg
<b>Sodium</b>	<b>516 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	6 g
Total Sugars	4 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>20 g</b>

Vitamin D	N/A
Calcium	131 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

*Source:* Team Nutrition CACFP Easy Recipe Project


[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

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## CACFP CREDITING INFORMATION

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¼ cup vegetable  
 1 ½ oz eq meat/meat alternate  
 1 ½ oz eq grains 

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## CHEF TIPS

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- **Contains milk (cheese and ranch dressing), eggs (ranch dressing), and wheat (tortillas).** Ranch dressing can be a hidden source of common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (tortillas) and may be included in the ingredient statements as “spice” or “flavoring.”
- Serve a variety of foods during the week to balance out an occasional lunch or supper item that may be higher in sodium or saturated fat.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.